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DECIDE – COMMIT – SUCCEED

Community

Meet Rick, Liz, and Casey

We are honored to be a part of the PCF management team. The changes being made are an investment in all of you. Our goal is to provide the community a safe, fun and clean environment where you can achieve your health and fitness goals. Please make all new members feel welcome, challenged, and part of our unique community.

August 1st was PCF's first "Members Appreciation Day". It was our pleasure to give back to the community and honor you all. We look forward to the next time we can all get together.

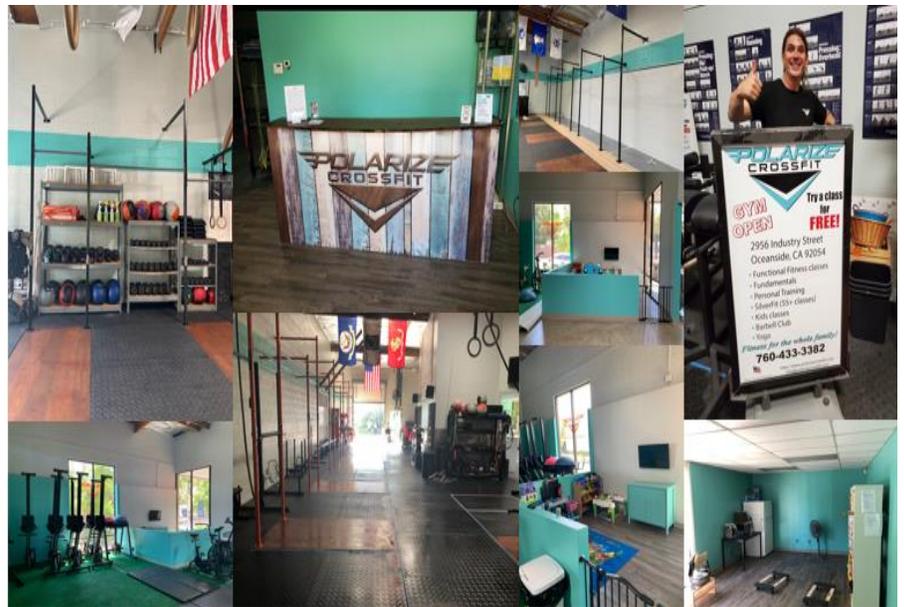
For more information go to our blog
<https://www.polarizecrossfit.com/blog/>



Making a good first impression counts!

2020 has not been the most successful year. The world has changed, and our daily lives and routines have also changed. Despite COVID keeping us from coming together in large groups, or having our classes indoors, we are all in this together and will overcome these obstacles!

With all activities taking place outside, we were able to do a few much-needed improvements. Our goal was to give the box a fresh new look, and inspire the PCF community who has been so loyal to our initiatives. Thank you for all the patience during the renovation, and we look forward to our next wave of improvements.



WE WANT TO SHARE YOUR CROSSFIT STORY!

Email: info@polarizecrossfit.com why you decided to join the CrossFit community. Now that you have, what has changed in your life? Why do you recommend CrossFit? Lastly, include a picture of you.

SHARE YOUR STORY!

PCF Referral Program

We completely understand that for Polarize CrossFit to grow, we need each of our members to help market our community. Word of mouth is the most successful tool for gaining and retaining new clients. This is why we want to gift each member who gets 5 friends, family, co-workers, or random strangers to sign up, \$250 cash!

It is a difficult time right now, and we comprehend the sacrifices you all take to be a loyal member at PCF. This is why we have no limitations to the referral program. They sign up, you get paid. To make it even better, the first member to have 5 people sign up, will also get a \$500 grill with \$250 cash money.



**ATHLETE
REFERRAL PROGRAM**

Refer 5 new members into
PCF Fundamentals Class
and you earn \$250

info@polarizecrossfit.com
www.polarizecrossfit.com
760.433.3382

New Coach Alert! Welcome Coach Zach



Since I was young, I have always been active. I have always loved playing sports and being active. I played various sports such as football, basketball, soccer, and wrestling throughout my life. Right after I graduated high school, I joined the Marine Corps. I began to really focus my attention into lifting weights in mid-2015.

Starting out, I did the same thing that most people do and messed around with various styles of working out. I found the most interest with powerlifting, which I did for a few years. In 2019 my wife, Sara, convinced me to try CrossFit for the first time. From the first day I tried it, I fell in love with the community and the culture.

Battling the “COVID 15”lbs

We Got You!

That is Right! We are excited to announce a 6 week challenge, where we as a community grow stronger, healthier, and let's face it; LOOK & FEEL BETTER!

Commit to be Fit!

This transformational 6-week strength and conditioning program designed to help you hit your fitness goals, no matter your experience level.

Join PCF and 760 Nutrition in the “Commit to be Fit” Challenge! Besides the amazing workouts, this challenge also comes with a nutrition meal plan, body composition test and measurements, community vibe for support and encouragement.

Each week of the challenge is broken down and workouts get progressively more challenging as you go.

Take on the challenge and show yourself what you're made of. **It Never gets easier, you just get stronger!** Are you in?

This unique opportunity will begin on October 1st, and prepares you to take on the holiday season. All current PCF members are free to attend this challenge and anyone you get to sign up for the challenge counts for the referral program!

The cost for all other interested parties is \$200, which includes 5 weekly workouts, diet advice, body composition test and measurements, and a “Commit to be Fit” T-shirt.

DECIDE -- COMMIT -- SUCCEED

Friendly Encouragement:

Meet Melissa Robertson, member since 2020, who we would like to spotlight. Through her short time with Polarize CrossFit, Melissa has set herself apart with a motivated attitude, encouragement, and her willingness to lend a helping hand. Outside of the gym Melissa is quite the Polarize ambassador. Using her connections and networks, Melissa is frequently sharing information about Polarize CrossFit, it's staff, and it's members, and for this we are very grateful. Melissa is leading the referral program giveaway and has been a tremendous addition to the Polarize CrossFit family.



-Thank you Melissa!

Polarize Calorie Blaster (PCB): Starting September

Let's face it we are all really busy, and it is hard to dedicate a lot of time to your fitness regimen. If only, you had the opportunity to do a 30 minute calorie blasting workout 5 days a week? Now, YOU DO!

Pleased to announce that starting on September 8th, we will be adding PCB to the daily schedule. This 30 minute workout is scheduled for 5:30 am Monday - Friday.

Here's what our 30 Minute blaster will look like:

- Dynamic Warmup: 3 to 5 minutes
- Circuits/Intervals/Resistance/Cardio
- Training: 20 to 24 minutes
- Cooldown: 3 to 5 minutes

I want to make one thing clear: Shorter does not mean easier. Just because it is 30 minutes, does not mean you are getting any less of an effective workout. PCB kicks starts your day, allows for you to recover throughout the day and gives you the opportunity to return for a full class in the evening.

**Want PCB in the evenings?
Please let us know!**

final thoughts...

Shout Out To Our Newest Members:

Casey Lentz
Chai Landicho
Talitha Ellis
Chad Rott

*Thank you for choosing Polarize CrossFit.
Our Community welcomes you.*

1000lbs/700lbs Club? Check your progression during open gym or on select Sundays.



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www.polarizecrossfit.com